

MEDICAL AND HEALTH SERVICES

Few things in life should be taken for granted and your health should be considered a blessing to be guarded. Relocating to a new city can sometimes leave you wondering how best to go about doing that. Unless presented with an immediate condition, it is often one of the last details an individual will plan for when moving.

Everyone, and especially those with children should be aware of the facilities and services available in their new city. Further you should have a planned list of hospital and doctor specializations, should the need occur. Placing yourself in the best possible care can lead to a speedier recovery and a more peaceful state of mind.

Austin has a wonderful network of facilities and providers covering a vast spectrum of specialties of care. The vitality of Austin residents has had a hand in attracting some of the most gifted physicians and health care providers in central Texas.



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MAJOR MEDICAL FACILITIES

From the dining choices in area restaurants, shopping in area market places to enjoying outside activities it is easy to see that Austin places great importance on health and wellness. By city ordinance, Austin is a Clean Air City and prohibits smoking in most public places. Austin is also home to various health food stores, with two of the largest being Whole Foods Market and Central Market, both with two locations each.

Austin residents as a whole are very exercise oriented and can always be seen running, jogging, walking and cycling around Town Lake or swimming at Barton Springs Pool. When ranking the best places to live in the US, health care quality is definitely a factor. Austin has consistently ranked within the top ten best in the nation, a fact that speaks volumes about the excellence of our medical and health services.



Central

Brackenridge Hospital

601 E. 15th St.
(512) 324-7000
This hospital is city owned but privately managed. Areas of care are acute-care, trauma center, maternity, critical care, surgery, orthopedics and nephrology.



Brackenridge Children's Hospital

601 E. 15th St.
(512) 324-8000
Areas of children's care include heart & cancer treatment, pediatric intensive care, and a unit dedicated to the long-term chronically ill. To assist the families of recurring or long term patients, the Ronald McDonald House is located next door at 403 E. 15th Street, (512) 472-9844. It offers affordable accommodations for the families of children being treated at Children's Hospital.

Heart Hospital of Austin

3801 N. Lamar Blvd.
(512) 407-7000
A relative new comer to the Austin area, the hospital offers full service emergency care along with an extensive department focused on cardiac care.

St. David's Medical Center

919 E. 32nd St.
(512) 476-7111
Located downtown, St. David's offers acute-care facilities including a rehabilitation center, children's psychiatric center, maternity and reproductive technology services, cardiac program and a urodynamics program.

Seton Medical Center

1201 W. 38th St.
(512) 324-1000
This hospital is the home base for the Seton network of hospitals here in Austin. The facility offers 24-hour emergency room service, a neonatal center, maternity facilities and cancer treatment services. The hospital has also developed Seton's Good Health program, which provides assistance with home care programs and senior health centers.

Seton Shoal Creek Hospital

3501 Mills Ave.
(512) 324-2000
The Shoal Creek Hospital provides private psychiatric care to patients of all ages.

South

South Austin Hospital

901 W. Ben White Blvd.
(512) 447-2211
This hospital is an acute care facility offering 24 hour emergency services along with maternity services, a cardiovascular center, a neurological center and lithotripsy for non invasive kidney stone removal.

Seton Southwest Medical Center

7900 FM 1826
(512) 324-9000
Offering similar facilities as it's parent center located in central Austin, this facility provides emergency services, maternity services, birthing rooms and general acute care.

North

Seton Northwest Hospital

11113 Research Blvd.
(512) 324-6000
Areas of care include minor emergency & 24-hour emergency, family oriented birthing areas, maternity services and in-patient/out-patient surgical centers. Seton Northwest also provides Good Health School programs, and is home to Seton Northwest Sports Medicine practice.

North Austin Medical Center

12221 Mopac Blvd. N.

(512) 901-1000

This facility operates in partnership with St. David's hospital network. It offers a wide variety of care including acute care medical & surgical units, 24-hour emergency room, outpatient surgery center, maternity facilities and women's center, an osteoporosis center, rehabilitation services, oncology programs, senior health programs and the Austin Travel Clinic.

The Specialty Hospital of Austin

4207 Burnet Rd.

(512) 706-1900

This facility attends to those needing care such as ventilator weaning, complex wound care, dialysis or low tolerance rehabilitation.

Round Rock Medical Center

2400 Round Rock Ave.

(512) 341-1000

This hospital primarily serves southern Williamson County residents. It is run in partnership with the St. David's hospital network and specializes in the following: heart and cardiopulmonary services, emergency and quick care ER, family birthing services, women's health services, express testing, intensive-care and medical-surgical services.

Georgetown Healthcare System

2000 Scenic Drive

(512) 943-3000

Privately owned, this facility serves the northern ends of Williamson County. Specialties of treatment include inpatient & outpatient acute hospital care, home health care, sports medicine and physical, occupational and speech therapies.



PHYSICIAN REFERRAL SERVICES

Finding a Physician can be a challenge for any newcomer. Once you've relocated to the Austin area, you'll want to set up your support system and health care is definitely a priority. The following is a list of area Physician Referral Services along with handy emergency numbers that may make this process a little easier.

Seton's Physician Referral

(512) 324-4444

St. David's System

(512) 482-4100

St. David's Physician Referral

(512) 478-DOCS (3627)

Scott & Whites' Health Plan

(800) 758-3012

Scott & White Clinic (Georgetown)

(512) 819-0500

(512) 260-6100 **(Cedar Park)**



The following professional organizations offer referral lists and helpful information about their practitioner members.

Austin Travis County Chiropractic Society Referral Service

(512) 263-3434

Austin Area Mental Health Association

(512) 454-3706

Capital Area Psychological Association

(512) 302-1000

Texas Chiropractic Association

(512) 477-9292

Texas Psychological Association

(512) 280-4099

Travis County Medical Society

(512) 206-1249

Emergency Numbers

| | |
|-----------------------------------------------------------------|--------------------|
| Emergency police, fire, & EMS Services in the Austin area | Dial 911 |
| Poison Center | (800) POISON-1 |
| Crisis Intervention/Suicide Hotline | (512) 472-4357 TTY |
| Crisis Intervention Hotline | (512) 703-1395 |
| Social Services Referral Hotline operated by United Way | (512) 323-1899 |
| Travis County Sheriff's Mental Health Unit | (512) 473-9734 |
| Alcoholics Anonymous | (512) 451-3071 |
| Battered Women Center Crisis Center | (512) 928-9070 |
| Williamson County Crisis Center | (512) 255-1212 |
| Round Rock | (800) 460-SAFE |
| SafePlace Hotline | (512) 267-7233 |
| Emergency Animal Hospital (North) | (512) 331-6121 |
| (South) | (512) 899-0955 |

MENTAL HEALTH SERVICES

Mental illness, whether it be severe or mild, often effects more than just the individual with the illness. Those who are connected to the person usually experience stress, bewilderment or frustration as a result of a loved ones mental state. Several support groups exist within the city. The Austin Area Mental Health Association provides guidance in finding support groups for those dealing with mental health care issues, medical recovery needs and substance abuse issues. They can be reached by simply calling 512-454-7463.

Direct providers of mental health services are listed below.

The Arc of the Capital Area

2818 San Gabriel
(512) 476-7044

Casting a wide net of assistance within the Austin area, this organization offers support services for families dealing with an individual who is developmentally challenged, mentally retarded or birth defect related disability

Austin Child Guidance Center

810 W. 45th St.
(512) 451-2242

This provider operates on a sliding scale basis to assist those with low incomes. Counseling provided are designed to address family issues, parenting, child-abuse cases, group therapy and testing assessment.

Austin Recovery Center Inc.

8402 Cross Park Dr.
(512) 997-0101

This facility provides services for chemically dependant adults and teens and works with both inpatient and outpatient level individuals.

Austin State Hospital

4110 Guadalupe St.
(512) 419-2330

One of seven state facilities, the Austin State Hospital serves a 37 county area in central Texas.

Austin-Travis County Mental Health

Mental Retardation Center

1430 Collier St.
(512) 447-4141

This facility provides psychiatric case management, diagnosis and evaluation, vocational services, a 24-hour hotline and emergency psychiatric services for mental retardation, mental illness and substance abuse victims.

St. David's Pavilion

1025 E. 32nd St.
(512) 867-5800

The Pavilion is a clinic providing special programs for those with eating disorders. It also provides both in and outpatient services for all ages.



SENIOR HEALTH CARE

Assisted Living Centers

"A" license= residents must be able to evacuate premises by themselves.

"B" license= residents need assistance when evacuating.

Brighten Gardens by Marriot

4401 Spicewood Springs Rd. 78759
(512) 418-8822

Total units/Type of license: 97/B

Regent at Parmer Woods

12429 Scofield Farms Dr. 78758
(512) 835-9080

Total units/Type of license: 97/A,B

Duval Oaks Guest Homes

5310 Duval Rd. 78727
(512) 418-8228

Total units/Type of license: 76/B

The Park at Beckett Meadows

7709 Beckett Rd. 78749
(512) 891-9544

Total units/Type of license: 74/B

The Summit at Lakeway

1915 Lohman's Crossing, Lakeway 78734
(512) 261-7146

Total units/Type of license: 66/A,B

Heartland Health Care Center

11406 Rustic Rock Dr. 78750
(512) 335-5028

Total units/Type of license: 60/B

Heatherwilde Assisted Living

401 S. Heatherwilde Blvd., Pflugerville 78660
(512) 251-1640

Total units/Type of license: 60/A

Grand Court

2700 Sunrise Road 78664
(512) 310-0002

Total units/Type of license: 55/A

Vista Oaks of Lakeway

1604 Lohmans Crossing 78734
(512) 261-6653

Total units/Type of license: 53/B

The Heritage at Gaines Ranch

4409 Gaines Ranch Loop 78735
(512) 899-8400

Total units/Type of license: 44/A



Nursing Homes

Heritage Duval Gardens

5301 W. Duval Rd. 78727
(512) 345-1805

Licensed beds/Occupancy rate: 238/91%

Heritage Park Nursing & Rehabilitation Center Inc.

2806 Real ST. 78727
(512) 474-1411

Licensed beds/Occupancy rate: 238/78%

SunBridge Care & Rehabilitation for Highland Hills

500 E. St. Johns
(512) 454-9581

Licensed beds/Occupancy rate: 229/75%

Wesleyan Nursing Home

2001 Scenic Dr., Georgetown 78626
(512) 863-9511

Licensed beds/Occupancy rate: 224/96%

Trinity Lutheran Homes

1000 E. Main St., Round Rock 78644
(512) 255-2521

Licensed beds/Occupancy rate: 179/95%

Austin Nursing Center

110 E. Live Oak St. 78704
(512) 444-3511

Licensed beds/Occupancy rate: 170/90%

Retirement & Nursing Center

6909 Burnet Lane
(512) 452-5719

Licensed beds/Occupancy rate: 157/92%

Buckner Villas

11110 Tom Adams Dr. 78753
(512) 836-1515

Licensed beds/Occupancy rate: 141/95%

Arboretum of San Marcos

1600 N. I-35, San Marcos 78666
(512) 353-5026

Licensed beds/Occupancy rate: 129/92%

Monte Siesta Retirement Center

4501 Dudmar Dr. 78735
(512) 892-1131

Licensed beds/Occupancy rate: 126/50%

Majority of information gathered from 2001 Book of Lists.

